

Karen



တၢ်န့ၣ်အံၤ နဟ့ၣ်လီၤတၢ် တၢ်အဆိၣ်တခါလၢ တၢ်ကမၤကွၢ် COVID-19 အဂီၢ် န့ၣ်လီၤ. နတၢ်မၤကွၢ်အစၢ မ့ၢ်အိၣ်ဒီး တၢ်ဆါအယၢ်န့ၣ်, ကမ့ၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့, ပုၤကွၢ်ထွဲပုၤဆါတကၤ ကဆဲးကျိးန့ၣ် ဖဲတၢ်ကိးသီအတီၢ်ပူၤ, ဒီး နကဵုဒီးန့ၣ် လံာ်ပရၢတဘျီ ဖဲတၢ်န့ၣ်အတီၢ်ပူၤန့ၣ်လီၤ.

နတၢ်မၤကွၢ်အစၢမ့ၢ်တၢ်အိၣ်ဒီး တၢ်ဆါအယၢ်ဘၣ်န့ၣ်, နကဵုဒီးန့ၣ် လံာ်ပရၢတဘျီ ဖဲတၢ်န့ၣ်အတီၢ်ပူၤ န့ၣ်လီၤ.

ဖဲန့ၣ်အိၣ်ဒီး နတၢ်မၤကွၢ်အဆၢသ့ၣ်တဖၣ်အခါန့ၣ်, နမၤမနုၤ သုလဲၣ်.

န့ၣ်အိၣ်ဒီး **COVID-19** တၢ်ဆါအယၢ်မ့ၢ်ဂ့ၢ် တၢ်အိၣ်ဘၣ်မ့ၢ်ဂ့ၢ်, နကြး -

- အိၣ်ယံာ်ဒီး ပုၤကၤသ့ၣ်တဖၣ် ယုပုၣ် ဖဲနဟးထီၣ်လၢ တၢ်ချၢအကတီၢ် န့ၣ်လီၤ.
- နဟးဆွဲး တၢ်ဆဲးကျိးလၢအဘျီဒီး ပုၤကၤ မ့ၢ်တသ့ဘၣ်န့ၣ်, ဖျီၣ်ထီၣ်တၢ်ကးဘၢမံာ် တက့ၢ်.
- သုနစုဖဲအံၤဒီး ဆးပုၣ် ဒီး ထံ မ့တမ့ၢ် ဆးပုၣ်ဒီး ထံ မ့ၢ်တအိၣ်ဘၣ်န့ၣ် သူ ကသံၣ်သုစုအထံ လၢအသ့စီကွၢ်တၢ်ဆါယၢ် အစုၤကတၢ် အစးကး ၂၀ န့ၣ်တက့ၢ်.
- ကးဘၢနတၢ်ကူး ဒီး ကဆဲးသ့ၣ်တဖၣ် ဒီး နဆုကၤစုဒုၣ် မတမ့ၢ် စးခိ ဝံၤဒီး တၢ်ကွၢ်လၢ တၢ်ကမ့ၢ်ဒါအပူၤ တက့ၢ်.
- ဟးဆွဲးတၢ်ဖီၣ်လီၤ နမဲာ်သ့ၣ်တဖၣ်, နနီၤဒု ဒီး နကီၢ်ပူၤ န့ၣ်တက့ၢ်.
- ညီၣ်နီၤမၤပျီ ဒီး မၤသံကွၢ်တၢ်ဆါယၢ် ဖဲတၢ်မဲာ်ဖဲခိၣ် ဒီး တၢ်ဖိတၢ်လံာ်သ့ၣ်တဖၣ်လၢ တထံးအီၤ ဖဲအံၤဒီး န့ၣ်တက့ၢ်.

နတၢ်မၤကွၢ်အဆၢသ့ၣ်တဖၣ် န့ၣ် အခီပညီမ့ၢ်မနုၤလဲၣ်.

နတၢ်မၤကွၢ်အဆၢသ့ၣ်တဖၣ် အမ့ၢ်တအိၣ်ဒီး တၢ်ဆါယၢ်ဘၣ်န့ၣ် -

- ဆဲးမၤတၢ်ဒီးသးအပတီၢ် လၢ ဘၣ်တၢ်ဒုးနဲတၢ်အီၤလၢတၢ်ဖီခိၣ်သ့ၣ်တဖၣ် နီသးပကပတုၢ်တၢ်ကံလီၤ COVID-19 အဂီၢ်တက့ၢ်.
- နမ့ၢ်စးထီၣ်အိၣ်ဒီး COVID-19 တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ်န့ၣ်, ဆဲးကျိး နပုၤကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တဘျီယီ န့ၣ်တက့ၢ်. ဘၣ်သ့ၣ်သ့ၣ် နကဘၣ်ကွၢ်မၤကွၢ်သးအသီတဘျီန့ၣ်လီၤ. တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ် အိၣ်ယုာ်ဒီး -

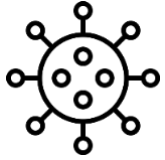
- |                              |  |
|------------------------------|--|
| ○ တၢ်လီၤကီၢ်                 | ○ ယုၢ်ညါဆါ   |
| ○ တၢ်ကူး                     | ○ ခိၣ်ဆါ   |
| ○ တၢ်ကသါတဘျီ မ့တမ့ၢ် ကသါကီၢ် | ○ ကီၢ်ယုၢ်ဆါ   |
| ○ တၢ်ဂီၢ်ဂံာ်                | ○ ကီၢ်ပူၤကစးထီၣ်လီၤဘျီ မ့တမ့ၢ် နီၤဒုအတၢ်နၢသ့ၣ်တဖၣ် ကစးထီၣ်လီၤမၢ် |
| ○ တၢ်ဂီၢ်ကနိး ဖဲအံၤဒီး       |  |

- တီၢ်နီၣ် - တၢ်အစၢသ့ၣ်တဖၣ်လၢ တၢ်န့ၣ်အံၤ အတၢ်မၤကွၢ် ကတဲနၤလၢ မ့ၢ်တၢ်ဆါဘၣ်ကူဘၣ်ကံနၤ မ့တမ့ၢ် မ့ၢ်နကဆိကူ တၢ်န့ၣ်အံၤ န့ၣ်လီၤ. တၢ်ဆါကဲထီၣ်အသးသ့ၣ်လၢ ခါဆူညါနတၢ်မၤကွၢ်န့ၣ် နအိၣ်ဒီးတၢ်ဆါယၢ် သုဖဲန့ၣ်လီၤ. တၢ်ပာ်ထံနီၤဖးခိၣ်ဖျိ Serology တၢ်မၤကရူၢ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲကျိၤအဖီခိၣ်န့ၣ်. Serology (ဘၣ်တၢ်သ့ၣ်ညါအီၤဒီး နီၢ်ခိၣ်ဂံၢ်တြီဆါ) တၢ်မၤကွၢ်န့ၣ် လၢတၢ်ကဟ့ၣ် ပုၤတဂၤစုၤတၢ်ဂီၢ်တၢ်ကျိၤလၢ တၢ်န့ၣ်အံၤသ့ ဘၣ်ယးဒီး အဝဲသ့ၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်န့ၣ် အတလီၤတၢ်လီၤဆဲး လၢလၢပုၤဒီးဘၣ်န့ၣ်လီၤ.

နတၢ်အစၢသ့ၣ်တဖၣ်န့ၣ် မ့ၢ်တအိၣ်ဒီး တၢ်ဆါယၢ်ဒီး-

- နပုၤကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ ကကတီၢ်တၢ်ဒီးနၤ ဘၣ်ယး နတၢ်ကွၢ်ထွဲ ဒီး တၢ်ကူဆါယါဘျီ တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ်တခါလၢလံာ် န့ၣ်လီၤ.
- အိၣ်လၢဟံၣ်တုၤလၢ နကတီၢ်တၢ်ဒီး နပုၤကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တက့ၢ်.
- တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲကျိၤ ကဆဲးကျိးဆဲးကျိၤနၤ ဒီး ကဒုးသ့ၣ်ညါနၤ တၢ်ဆါကတီၢ်လၢနက့ၢ် မၤကဒါက့ၢ် တၢ်မၤလၢနမၤညီၣ်နီၤ သုအကတီၢ်န့ၣ်လီၤ. အဝဲသ့ၣ်တသးကိးတၢ်ဒီးနၤ ဘၣ်ယး ပုၤလၢအဆိၣ်ဘျီဒီးနၤသ့ၣ်တဖၣ်န့ၣ်လီၤ.

နဒီးန့ၣ်ဘၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤသ့ၣ် [healthvermont.gov/COVID-19](https://healthvermont.gov/COVID-19).



Today you gave a specimen that will be tested for COVID-19. If your test result is positive, a Public Health Nurse will call you in a few days, and you will get a letter in the mail within a week. If your test result is negative, you will get a letter in the mail within a week.

## What can you do while you wait for your results?

### Whether you have COVID-19 or not, you should always:

- **Keep a 6-foot distance** from others when you are out.
- **Wear a cloth face mask** if you cannot avoid close contact with other people.
- **Wash your hands often** for at least 20 seconds with soap and water or use an alcohol-based hand sanitizer if soap and water are not available.
- **Cover your coughs and sneezes** with your sleeve or a tissue and throw the tissue in the trash.
- **Avoid touching your eyes, nose and mouth.**
- **Routinely clean and disinfect** frequently touched surfaces and objects.

## What do your test results mean?

### If your results are negative:

- Continue taking the prevention steps above to stop the spread of COVID-19.
- Call your health care provider right away if you start to have symptoms of COVID-19. You might need to be tested again. Symptoms include:
  - Fever
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - New loss of taste or smell
- **Remember: Results from today's test will tell you if you are infected or sick today.** It is possible that you could test positive in the future. Based on an analysis by the Health Department's Serology Working Group, serologic (also known as antibody) testing is not yet accurate enough to give individuals reliable information about their health.

### If your results are positive:

- Your health care provider will talk to you about your care and treatment of any symptoms.
- Stay home until you speak with your health care provider.
- The Health Department will follow up with you and let you know when you can return to your regular activities. They will also talk to you about your close contacts.

**Get more information at [healthvermont.gov/COVID-19](https://healthvermont.gov/COVID-19).**